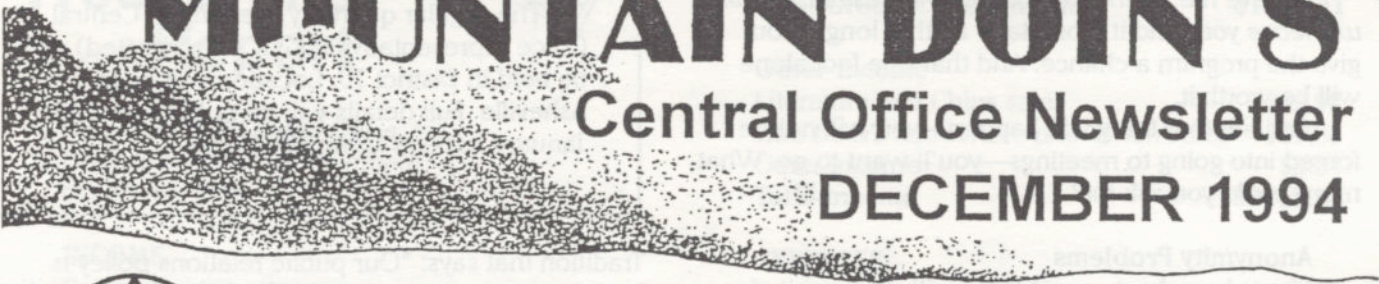


MOUNTAIN DOIN'S

Central Office Newsletter

DECEMBER 1994



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District 71 Eat-in Meeting

Sunday, January 1, 1995

at the Parish House
St. John In The Wilderness Church
Flat Rock, Rte. 25S

Eat-in will begin at 4 p.m.
and the Speaker will begin at 5:30 p.m.

Y'all Come!
and that means Everyone's Invited!

Please bring a covered dish



Readers' Forum

LIVE LETTERS

Give the Program a Chance

When does a newcomer become an oldtimer? I'm relatively a newcomer—just a little over a year in the program—yet I feel like an oldtimer in one respect. I've completely lost the urge to drink. I know that

doesn't make me an oldtimer, but it sure makes me feel like one! I know I have a long way to go to work my way through the entire program, but I wish I could get just one message to all newcomers. That is, come to some meetings and listen hard. Give the program a serious try. It really won't be long before the desire to drink will generally leave you. And even though that's only a beginning, it's a wonderful happening in your

Live Letters continued on next page

Mountain Doin's is published monthly as an informational service to all A.A. members in Western North Carolina Districts 70, 71, and 80. Opinions expressed herein are not to be attributed to A.A. nor does publication of any feature imply endorsement by A.A. or by the N.C. Mountain Central Office. Material reprinted from A.A. World Services Incorporated, or from *The Grapevine* is published with permission.

Live Letters (continued from page 1)

new life of sobriety.

Believe me, friend newcomer, *the desire to drink will leave you*. And it won't take all that long if you give the program a chance. And that one fact alone will be worth it.

And another thing will happen—you will not be forced into going to meetings—you'll want to go. What more could you ask for? —JB

Anonymity Problems

I have been having problems with anonymity for some time now. I think it's just that my views about it have changed. I used to shrink from letting anyone know I was in A.A., much less that I had a problem with alcohol. What kind of weakling would my friends think I was if I admitted I was an alcoholic?

But as I became settled in the program I felt more and more that I didn't have to be ashamed. As a matter of fact I began to get feelings of pride—pride that I was doing something about my lifestyle. Pride that I didn't drink any more. And maybe, by letting people see the changes in me, I could encourage a few people to join the program that was keeping me dry and sane.

Today, I believe in preserving other people's anonymity—that's none of my business. But I'm happy to admit to anyone that I'm an alcoholic, that I'm in A.A., and that I don't even want to drink any more. And if they want to know how it all came about, I don't mind telling them about A.A.

I agree with the statement made in our eleventh

January Central Office Meeting

The regular quarterly meeting of Central Office representatives (GSR's also invited) will be held in District 70. Location will be in Asheville. Full details will be published in the January issue of *Mountain Doin's*.

Tradition that says: "Our public relations policy is based on attraction rather than promotion;" but I don't consider admitting to being a part of the A.A. program as promoting it. Who knows, if they are not alcoholics themselves they may some day pass the information on to someone who'd like to give the program a try—the program that saved my life! —RL



Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office or by the North Carolina Mountain Central Office. For any additional information please use the addresses or phone numbers provided.

Sandlapper Roundup III, at The Landmark Resort Hotel, Myrtle Beach., S.C., December 1, 2, 3, and 4, 1994. The Sandlapper Roundup is dedicated to bringing to the Grand Strand each year the finest A.A. and Al-Anon speakers available. Speakers include: Don C., Peggy M., Clancy I., Cricket R., Tom I., Martha Ann C., Don N.

For more information on the Sandlapper Roundup, call Dennis or Linda at (803) 238-2694, during normal business hours.

The Enchanted Seas. 10th Annual Cruise Without Booze. February 11, 1995—February 18, 1995. 7 Days, 7 Nights. New Orleans, Playa Del Carmen/Cozumel, Grand Cayman Island, Montego Bay, Jamaica. Excellent speakers, voluntary meetings, around the clock fellowship. For information call Chairperson: Bob C. (918) 747-0615.

Central Office Phone Log



"I am responsible . . .
When anyone, anywhere,
reaches out for help, I
want the hand of A.A.
always to be there.
And, for that, I am
responsible."

Phone Log 10-3-94—10-28-94

Answering Service Calls	171
General Information	8
A.A. Help	2
Family Help (Al-Anon)	11
Meeting Information	75
Central Office Business	59
Medical Help (Hospital, Detox, etc.)	1
Others	1
Visitors	38

Central Office Copier for your use

Groups or individual members who would like to use the Central Office copying machine may do so simply by visiting the Office Monday to Friday between the hours of 10 a.m. to 1 p.m. The charges are 3 cents per side of 8½ X 11-inch sheets.

Minutes of October N.C. Mtn. Central Office Meeting

The regular quarterly meeting of the N.C. Mountain Central Office was held on Oct. 9 at Franklin N.C.

Present were: Owen C., C.O. Chairperson, Hendersonville Group; Bob V., C.O. Officer Manager, Acceptance Group; John B. C.O. Treasurer, Tuesday Night Men's Group; John W., G.S.R., The Lake Group;

Alan W. Editor, *Mountain Doin's*, Midday Group; Gene Van H., District 80 Trustee, Canton Easy Does It Group; Ray D., District 71 Trustee, Hendersonville Group; Ned D. District 80 Treasurer, Common Sense Group; Marvin M., G.S.R., Maggie Valley Group; Jack D., G.S.R., Up The Creek Group; Jane T., Sec'Treas. Clyde Group; Laine T., Alt. G.S.R., Lake Group; Bill D. Dis. 80 D.C.M., Common Sense Group.

In the absence of the Secretary, Alan W. read the minutes of the July meeting. They were approved.

John B. read the Treasurer's report. The report was approved.

Under Old Business, Chairman Owen C. mentioned that at the last Central Office meeting, Alan W. was asked to write an article on How to Start a New Group. This was done and Owen suggested that we make it available to Groups as a leaflet from Central Office as well as publishing it in *Mountain Doin's*. This was agreed upon.

Under New Business, Owen C. stated that the Co-Chairperson elected to office at the last C.O. meeting, Ted A., wished to resign, and therefore the Central Office needs a new Co-Chairman. Owen C. recommended that someone from District 80 be elected, and it was agreed that the matter would be brought up at the next District 80 meeting to be held in December, so that the election could take place at the next Central Office meeting to be held in January, 1995, in Asheville.

The next item on the agenda concerned the provision of A.A. literature at functions held within the Central Office Area of Districts 70, 71, and 80. Owen C. mentioned one such instance in which we were invited to the Grove Park Inn Health Fair. Literature was passed out at that function. Owen also pointed out that a Health Fair was coming up at the V.A. Hospital and he suggested that we could get a booth at the function for literature and information hand-outs. He requested that C.O. representatives be on the lookout for such events so that we could become involved in them.

It was also pointed out that we have been asked to attend, for the purpose of dispensing literature and information about A.A., the 1st N.C. Native American Convention at Cherokee in November. It was suggested that someone from District 80 would best be selected to perform this function and it was agreed that District 80 would contact the convention leaders to learn details of what would be required.

Owen C. suggested that it might be useful for Central Office to publish some information about the availability of A.A. in W.N.C., and he suggested forming a committee consisting of himself, Bob V., Gene Van H., and Alan W. to produce necessary literature giving information about Central Office, A.A. in the

continued on next page



Acceptance Group

Ronnie M.	12-2-93	1 year
Eric K.	12-4-92	2 years
Celia H.	12-15-88	6 years
Mike Mc	12-31-84	10 years

Brevard Group

Sharon H.	12-18-80	14 years
Woody P.	12-18-81	13 years

Candler KISS Group

Russ	11-26-73	21 years
Grady	11-6-92	2 years
Jim H.	?-?-82	12 years
Carl Mc	?-?-90	4 years
Tommy A.	?-?-92	2 years

Cumberland Group

Sue H.	12-25-85	9 years
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Hendersonville Group

Ted A.	12-7-88	6 years
Norma H.	12-11-89	5 years
Brian M.	12-10-75	19 years
Ron F.	12-13-88	6 years
Elaine P.	12-8-86	8 years
Clarence B.	12-30-93	1 year
Jerry O.	12-23-77	17 years

Hendersonville Happy Hour Group

Richard M	12-18-93	1 year
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Hendersonville Midday Group

Mike S.	12-2-92	2 years
Ann A.	12-24-91	3 years
John P.	12-3-90	4 years
Jo Ann P.	12-31-90	4 years
Carol C.	12-11-85	9 years

Treasurer's Report



N.C. Mountain Central Office, Inc.
Financial Report for the month
of October 1994

INCOME

Group Contributions

Acceptance Group	\$360.00
Back to Basics Group	\$50.00
Black Mountain Group	\$21.00
Brevard Group	\$35.00
Clyde Sunday Night Group	\$50.00
Common Sense Group	\$15.00
Cumberland Ave Group	\$120.00
Day By Day Group	\$45.00
Franklin Group	\$30.00
Hendersonville Group	\$168.39
Hendersonville Happy Hour Group	\$50.00
Hendersonville Midday Group	\$100.00
Just For Today Group	\$3.00
Locked In Forward Group	\$27.25
Pathfinders Group	\$15.00
Roundtable Group	\$25.00
Serenity Service Group	\$25.97

Sylvan Valley group	\$25.00
Welcome Group	\$28.80
West Asheville Group	\$35.00
Total Group Contributions	\$1229.41

Other Income

Literature and Chips sales	\$759.98
Mtn. Doin's and Where and When sales	\$27.80
Other Income	\$2.34
Total Income	\$2019.53

EXPENSES

Rent	\$120.00
Telephone	\$241.55
Payroll and Payroll Taxes	\$571.62
Cost of Mtn Doin's & Where & When publication and distribution	\$185.86
Cost of Literature and Chips Sales	\$639.59
Other Expenses	\$29.40
Total Expenses	\$1,788.02

Net Income \$231.51

Financial Satus, end of Sept (Recast) \$2,820.87

Operating Bank Balance Oct 31	\$2,992.23
Cash and Checks on hand Oct.31	\$243.39
Accruals	(\$183.24)

Financial Status, end of October \$3,052.38

(continued from page 3)

Area, and appropriate phone numbers. It was agreed that the final publication or publications would be as brief as possible as handout cards or sheets. It was also agreed that finalized short publications be prepared and submitted for approval at the next Central Office meeting. It was also suggested that a 5" X 5" card be prepared for insertion in a future *Mountain Doin's* and distributed free to all Groups.

It was suggested that we should make arrangements for our Cooperation with the Professional Community (C.P.C.) representative to talk to professional organizations, schools, Haywood County School Board and others with the object of getting invited to explain what services Central Office has available.

It was also suggested that *Mountain Doin's* solicit names for an updated list of individuals available for 12th Step Calls. Our present lists are out of date and many of the people listed are no longer in the area. An updated list should be ready by the first of the year.

It was also suggested that a new list of available speakers would also be welcome.

Alan W. asked if the Central Office members could get used to referring to our Office as Central Office rather than Intergroup. Many A.A. members are not

familiar with the fact that the Intergroup name was changed to Central Office some time ago and there is still considerable confusion about the precise function and title of this office.

A final suggestion was made that we explore the possibility of having a bus to take G.S.R.s (particularly from outlying areas in District 80) to Area Assemblies. It was said that most of the groups within the District just cannot afford to send their own G.S.R.s at their groups' expense. Bob V. was asked to call a motor-coach company to inquire about the charges for such transport to start from our Central Office location and travel to Area assemblies in Charlotte.

Bob V. announced that current lists of any meeting cancellations as well as new meetings are urgently needed to keep the Office, the Answering Service, and *Where & When* publication fully up-to-date with all meeting changes. He also requested publicity advising groups that all A.A. literature is best ordered from Central Office where it is usually able to be shipped within two days of the receipt of the order.

There being no further matters for discussion, the meeting was concluded.

Respectfully submitted, Alan W. (for Secretary).



Fellowship News

New group: **The Fellowship Group** now meets at Fletcher United Methodist Church. in the Fellowship building (same as Fletcher Group's Thursday night meetings). The Group meets at 6 p.m. every Tuesday and is a closed, "As Bill Sees It" discussion.

Time Change: **The Traditional Group's** Young People's meeting, held on Tuesdays at the Trinity Episcopal Church, at Church and Aston, has changed its meeting time from 6:30 p.m. to 6p.m.

Meeting Cancellation: The regular **Up The Creek Group** Tuesday 7 p.m. meetings have been canceled.

New meeting: **The Mountain View Group** has added a new meeting—Wednesdays at 5:30 p.m. at Highlands Episcopal Church, the meetings are open.

District 71 Oct. Meeting

The regular quarterly meeting of District 71 was held on October 23 at the Hendersonville Meeting Room. Present were Norma H., H'ville Gp. GSR; Ray D. H'ville Gp. Alt DCM; Karen B., Brevard Gp., GSR; Alan W., Midday Gp., Editor *Mtn. Doin's*; Beth H., Thurs. Afternoon Ladies Gp., GSR; Bill F., Midday Gp. GSR; Jerry B., Cedar Mtn. Gp. GSR; Allan H., Roundtable Gp., GSR; Marshall D., H'ville Gp., DCM.

Items discussed were:

1. The reading of multiple items to be on the Agenda for the 11-5-94 Assembly in Raleigh; a letter from Dist. 80 DCM proposing two additional items for discussion at the Assembly. These were approved at the meeting.

2. A final 1994 Eatin' Meeting. Jerry B. as Coordinator would work out date, time and location (see page 1 of this issue of *Mountain Doin's*—Ed.)

Marshall D. thanked GSRs and their groups for consistent financial support.

The election of Dist. 71 officers for 1995-6 took place. Elected were: DCM—Marshall D. Alternate DCM—Jerry B. Secretary/Treasurer—Norma H.

The next GSR meeting for District 71 will be held on Sunday 1-6-95.

District 71 Gp contributions 9-1-94—10-31-94:

Brevard Group	\$20.00
Happy Hour Group	\$20.00
Hendersonville Group	\$10.00
Midday Group	\$40.00
Roundtable Group	\$50.00

Respectfully submitted, Norma H., Sec/Treasurer

MOUNTAIN BREWIN'S



During the Christmas holidays season a woman came to a meeting in a furious mood and shared how angry she was at her sponsor. She said she had a problem that she urgently needed to

talk about. She had phoned her sponsor, only to be told that the sponsor had moved—a year ago!

x x x

The alky was at a Christmas office party and brought a girl a drink. He said: "Here's your drink, Scotch with a chaser."

Said the girl, "Thanks, but where's the chaser?"

Said the alky, "Speaking!"

x x x

A drunk arrived late for the Christmas party, where his wife sat patiently waiting for him to arrive.

"Where have you been all this time, Henry?" she asked.

"I was held up by two men," said her husband.

"Good heavens! Where?" asked his astonished wife.

"All the way here!"

x x x

Two alxies were sitting at the bar enjoying there Christmas Eve drinks.

"Charlie," asked one. "After you've had a few drinks, does your tongue burn?"

"I don't know," said Charlie. "I've never tried to light it!"

x x x

Said the minister to the alky at the local Christmas party, seeing him a little the worse for drink, "Don't you know that brandy is your worst enemy?"

"Yes, sir," said the alky, "but just last Sunday, your said we should love our enemies."

x x x

Christmas is the time of year when trees, like drunks, get lit up.

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